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PAGES 10 & 11



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Thursday, February 14, 2013

News worth sharing.

Kids chat with spaceman

Long distance charges.
Canadian astronaut
Chris Hadfield answers
Winnipeg students' questions from space



Talk about an out of this world opportunity. Students at Chief Peguis Junior High School got the chance to speak to Canadian astronaut Chris Hadfield as he orbits earth on the International Space Station Wednesday afternoon.

"It was pretty amazing," said Grade 9 student Megan Goldenchal, 14, just minutes after she and 14 other students spoke to Hadfield in front of a gymnasium full of students, staff, parents and media. "My first question was what he would do if something bad happens, and my second question was whether it's uncomfortable to live without gravity for that long."

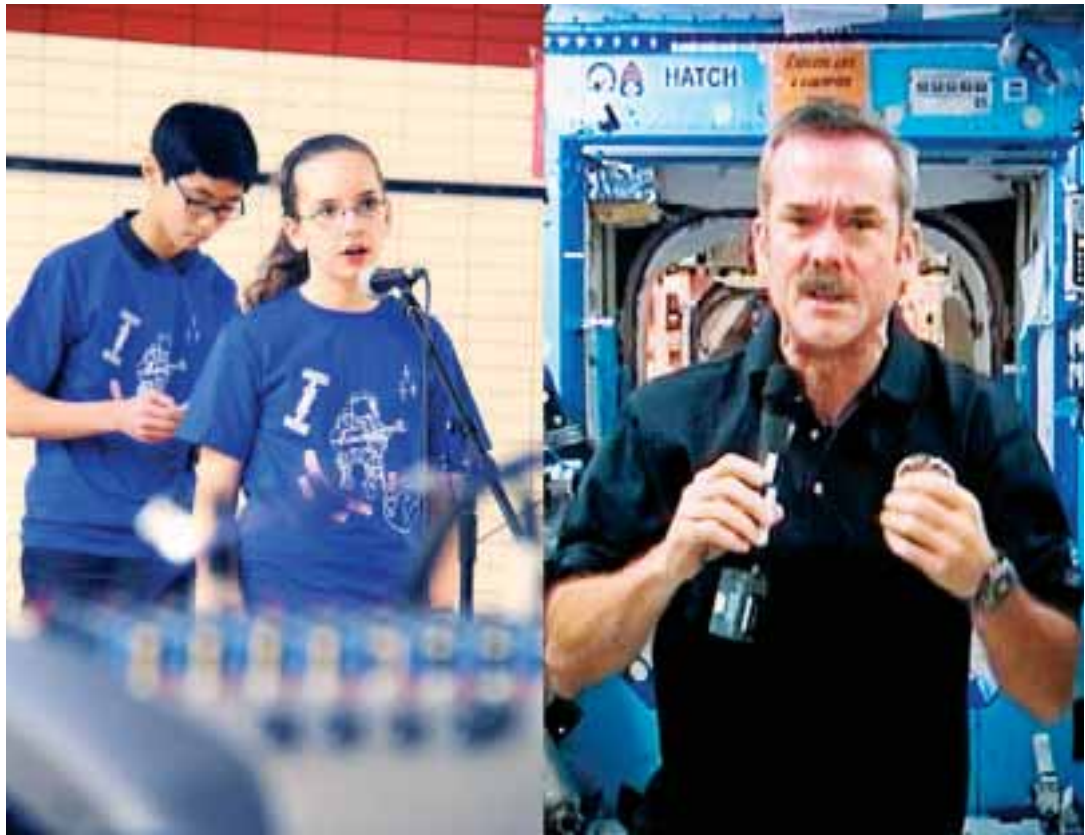
Questions from students during the just over 10 minute intergalactic conversation ranged from educational — like what he's researching while on his trip and whether he sees other planets while in orbit, to comical — one student wondered how he takes care of his mustache in a zero-gravity environment.

"It's exciting for the kids, and hopefully it'll inspire some of the kids who have an interest in science to pursue a career in space," said the school's Principal Doug Nowicki, who explained the questions were chosen blindly by school staff. "I thought the questions were all very interesting."

The students were able to reach Hadfield through a ham radio connection that bounced first to Alberta, then to Australia, before reaching the International Space Station.

"The tech stuff is beyond me," laughed Nowicki about how exactly the connection worked.

Hadfield visited the school in person in April 2011, and is expected to return in September after he gets back to earth.



Grade 8 Chief Peguis Junior High student Milena Unrau, 13, was one of 15 students who got the chance to speak to Canadian astronaut Chris Hadfield while he orbits earth on board the International Space Station, Wednesday afternoon. SHANE GIBSON/METRO

Tweeters behaving badly
Blog outs sexist comments about female politicians PAGE 5

To read, or not to read
Merits of taking in the novel before seeing the movie PAGE 12

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Ravensdale case. Court martial panel set to resume deliberating today

A five-member military panel began deliberations Wednesday in the Manitoba court martial of a former soldier accused in a deadly training accident.

They retired for the night without a verdict. Deliberations are set to resume this morning.

Retired warrant officer Paul Ravensdale faces six charges, including manslaughter, in the death of Cpl. Josh Baker in Afghanistan three years ago.

Four other soldiers were injured when an anti-personnel mine misfired and sent hundreds of steel ball bearings flying the wrong way.

The military judge presiding over the case told panel members they must only consider the evidence presented at the court martial.

He says they must ignore reports in the media and comments on social media sites.

Ravensdale was leading the exercise on a weapons range near Kandahar city when the accident occurred.

The prosecution alleges he ignored safety rules and allowed soldiers to stand too close to the anti-personnel mines without protection.

But his defence lawyer has said Ravensdale was simply following plans approved by his superiors.

Two of those superiors have already been convicted in the case.

Maj. Christopher Lunney was demoted to captain and given a severe reprimand after pleading guilty to negligent performance of duty.

Maj. Darryl Watts is awaiting sentencing on negligence and unlawfully causing bodily harm.

THE CANADIAN PRESS

Charity. Salvation Army in critical need, holding donation drive at the Forks

The Salvation Army is in critical need of donations right now, and Winnipeggers can help by bringing new and gently used items to the Forks this weekend.

Crews from the Sally Ann will be accepting items at a huge donation truck parked next to the Johnston Terminal from noon to 6 p.m. Friday and 10 a.m. to 4 p.m. Saturday.

"Our goal for this month is to inform the public about how much their new or reusable clothing help us and also help their community," explained Scott Gilmore, marketing coordinator for the Salvation

Army's national recycling operations. "In Winnipeg for example, people will know we help the homeless, but one thing people don't really know much about is that we help flood and fire victims directly after emergencies.

"Basically we provide people with food, clothing and furniture because it's a very devastating point in their lives."

Gilmore said the Salvation Army is currently low on clothing — especially women's wear — but all donations will be greatly appreciated.

SHANE GIBSON/METRO

2nd annual Ice It To Work Day. Ditch the car, travel to work on river trail

Winnipeggers are encouraged to leave their cars at home this Friday and instead take the river trail to work for the second annual "Ice It To Work Day".

Commuters can skate, ski, snowshoe, bike, run or walk along the trail, which will have seven pit stops set up with fire pits and hot chocolate to warm up with, and giveaways, prizes and a few surprises along the way.

"A lot of people use the trail already to commute, it's just sort of a chance to say 'yay for you' to those who do, and a chance to get others out on the river as well," explained event

Quoted

"A lot of people use the trail already to commute."

Karen Mott, event spokesperson, on how the day celebrates those who already commute using the trail and encourages others to give it a try.

spokeswoman Karen Mott.

The river trail runs from Churchill Drive on the Red River all the way to the Hugo Street Docks on the Assiniboine River and "Ice It To Work Day" activities will go from 7 a.m. to 9 p.m.

METRO

Urban reserve success

Quality of life. Saskatoon mayor, band councillor explain why development zones are triumphing



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Trust is the main ingredient to a successful relationship between urban reserves and municipalities, the mayor of Saskatoon said following a panel discussion at the University of Winnipeg on Wednesday.

Mayor Donald Atchison and Harry Lafond, councillor for the Muskeg Lake Cree Nation, were in Winnipeg to share their experiences with First Nations Economic Development Zones in Saskatchewan.

Through a PowerPoint presentation, Atchison explained the concept they employ, which is to treat an urban reserve as a business, mirror municipal bylaws, ser-

A guide

How to get an urban reserve in Saskatoon:

- First Nation selects land
- Municipality notified
- Agreement between First Nation and Municipality required that covers land use compatibility, bylaws, municipal services, police service relationship, and fee service equivalent to municipal tax

SOURCE: CITY OF SASKATOON



Harry Lafond of the Muskeg Lake Cree Nation, with Saskatoon Mayor Donald Atchison, holds up a copy of a business magazine that profiled urban reserves in Saskatchewan. BERNICE PONTANILLA/METRO

quality of life ... We know that if we're all successful, it's that much better for everyone."

For his part, Lafond said his First Nation, which brings in about \$9 million a year through two urban reserves, is aiming to be self-sufficient in 20 years time.

"It certainly has made us confident to be able to go to in-

dividuals and say, 'we're ready to talk but on equal terms,'" he added.

Both Atchison and Lafond said they weren't familiar with the current urban reserve debate surrounding the Kapyong Barracks in west Winnipeg, but encouraged those involved and Winnipeggers to learn from Saskatoon's example.

1 NEWS



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Data. Intersection safety encouraged by MPI, RCMP

Manitoba RCMP and MPI are reminding both pedestrians and motorists to be careful at intersections after provincial data shows about 55 per cent of all collisions between people and cars happen at intersections.

Insurance data from across Manitoba from 2007-2011 show a total of 1,857 mostly adult pedestrians were injured after being hit by a vehicle — and another 78 were killed over the same five-year time frame.

"The claims data from these intersections suggest both drivers and pedestrians need to be aware of the potential for a collision," said Mary-Ann Kempe, vice-president of community & corporate relations at MPI, in a release. "Many of these vehicle/ped-

Intersection fatalities

16

A release from the RCMP said on average 16 Manitobans are killed at intersections each year.

estrian collisions could have been prevented.

"Pedestrians are encouraged to cross intersections defensively and always watch for turning vehicles."

Police recommend both motorists and stay alert at intersections, look both ways before entering an intersection — even if you have the right of way, always use proper signals and never speed up when approaching amber lights. **METRO**

Fraud. Scammer imitating Manitoba Hydro: Police

Winnipeg police say a new telephone scam is making its way through the city.

Police say the scammer calls unsuspecting people and pretends to be from Manitoba Hydro. The fraudster "then attempts to sell the victim a 'power saving device'. The victim is then asked to provide a credit card number to expedite the

order," said police in a news release.

Manitoba Hydro does not sell this purported device, and does not solicit sales by telephone, said police.

Anyone who receives this kind of phone call should hang up immediately and call the Canadian Anti-Fraud Centre at 1-888-495-8501.

METRO



A scammer is imitating Manitoba Hydro in order to get credit card information. **ELISHA DACEV/METRO**



Defending the U of M from ... the Devil? Aah, greed. Right

Gerry Costello, vice-president of CAW Local 3007, holds a puppet of a devil during an information picket at the University of Manitoba's Fort Garry campus on Wednesday. More than 300 students, professors, office staff and workers gathered to voice their concerns over what they see as the corporatization, privatization and contracting out of university education and services. **BERNICE PONTANILLA/METRO**

Team to carry on after crash kills 3

Waskada, Man. Town of 200 devastated, but encourage co-ed Canucks to finish the hockey season

A Manitoba minor hockey team has decided it will finish its season to honour three young players killed in a plane crash.

The boys — nine-year-old Dawson Pentecost, nine-year-old Logan Spence and his 10-year-old brother Gage Spence — were killed Sunday when

Quoted

"This is something we need to do for Gage and Logan and Dawson — go and represent them as best we can." Jason Wickham, an assistant coach on the local co-ed Canucks atom team

the small plane went down outside their homes in the small community of Waskada.

Experienced pilot and crop duster Darren Spence, 37, had taken his two sons on a routine recreational flight and their friend went along for his first plane ride.

Jason Wickham, an assistant coach on the local co-ed

Canucks atom team, said after the crash that everyone on the squad wanted to quit.

But the parents of the remaining eight players got together and talked. Then they all went to visit the families of the dead children.

"They really want us to play. They said, 'The boys, they would want you guys out there

playing hockey,'" said Wickham.

Family said Dawson's father, a volunteer firefighter, received a message on his pager about a plane crash and was one of the first to get to the wreckage by snowmobile. He fell to his knees and cried when he realized everyone on board was dead.

Donations are also being collected at the local credit union to help pay for Dawson's funeral. Town administrator Diane Woodworth said other funds will go to a scholarship in the three boys' names that will send other kids to hockey camp. **THE CANADIAN PRESS**

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Just too much? New blog exposes troubling tweets

Female premiers face war of words. 'I think this kind of behaviour needs to be shamed,' says owner who hates hateful speech



LUKE SIMCOE
Metro Online

Ontario Premier Kathleen Wynne is "a lesbian tree hugger."

Quebec Premier Pauline Marois, "a dumb b—."

And depending on who you ask, B.C.'s Christy Clark needs to either button up her shirt or simply take it off.

These are the kinds of tweets, Facebook posts and comments you'll find collected at Madam Premier, a new blog dedicated to exposing the vitriol hurled at Canada's female first ministers.

"Their jobs are hard enough without having to be criticized on the basis of their gender," says the blog's owner, Diamond Isinger.

"If I wasn't already involved, this certainly



All part of the job? Premiers Kathleen Wynne, left, Alison Redford, Christy Clark and Pauline Marois face snide comments every day. METRO FILES

wouldn't encourage me to enter into public life or electoral politics."

A resident of Vancouver and a self-described "policy wonk," Isinger started the blog Tuesday night. By Wednesday afternoon, nearly 3,000 people had visited.

The blog is part of a new "naming and shaming" tactic, where activists point fingers at those posting hateful speech online.

Last year, a Toronto femin-

ist made headlines for identifying the man behind a violent and misogynistic video game. Shortly after, a Calgary man was fired from his job for mocking Amanda Todd on Facebook.

"Sunlight is the best disinfectant," Isinger said. "I think this kind of behaviour needs to be shamed."

A surprising number of comments — most of which are profane or sexual — appear to be posted under

people's real names.

"It signals that we have a culture that's comfortable with this kind of thing. People feel they can say this stuff without repercussion," said Isinger.

York University's Dr. Jennifer Jensen says that by aggregating misogynistic comments, blogs like Madam Premier show that sexism is still a systemic problem.

"It's about compiling it so that it doesn't seem like it's

just one guy doing this," she said. "When you see it this way, it's a literal documentation of the different kinds of people who feel compelled to say derogatory things about women in power."

Jensen says online comments made about female politicians often differ from those directed at men.

She says: "We never say 'Did you see the bulge in the Premier's pants?'"

MORE AT METRONEWS.CA

Driver's claim

Officer accused of sex toy threat

A police officer seen on video allegedly threatening to sexually assault a tow-truck driver with two pink sex toys should be fired, the man says.

Jagdis (Mike) Tirbany said he was distressed that criminal charges against the officer had been dropped.

Tirbany, a married father of three, alleged he was threatened with being sodomized.

Tirbany, 46, of Toronto, said the incident occurred inside a Ontario Provincial Police detachment where he had gone last March for fingerprinting in light of an assault charge he was facing.

THE CANADIAN PRESS

Billboard study

Can these words cause a crash?

A University of Alberta researcher wants to put the brakes on billboards with negative words.

Michelle Chan put fellow students into a driving simulator and tested their skills behind the wheel.

Subjects drove down a computer-generated road as ads appeared with negative, positive and neutral words.

Words such as cancer, war and abuse caused most of the drivers to veer outside their lane. Some drivers crashed into trees and other vehicles.

"Billboards are already distracting enough," said Chan. "But then when you add the negative emotional content, it ... can be detrimental to driving."

There have been many studies about distracted driving, but the 26-year-old believes she is the first to look at what she calls emotional distraction. THE CANADIAN PRESS

No severance pay

Military kicks out naval spy Delisle

Jeffrey Delisle, the naval officer who spied for the Russians, was stripped of his commission, his service decorations and kicked out of the military Wednesday.

National Defence said he will forfeit his severance pay. And Ottawa will move to recover the salary paid to him since his arrest in January 2012.

THE CANADIAN PRESS

Tories say they'll zap zombies

Will zombies ever take over Parliament Hill?

Never! Foreign Affairs Minister John Baird is on the case.

Baird assured the House of Commons that Canada remains a zombie-free zone.

The odd exchange came Wednesday near the end of the daily question period.

Winnipeg New Democrat Pat Martin raised the matter of a Quebec government

disaster-planning exercise that used a mock zombie invasion as its premise.

B-movie templates of an invasion of the "living dead" have also been used for emergency preparedness drills in the United States.

"I don't need to tell you, Mr. Speaker, that zombies don't recognize borders," Martin warned the House, tongue planted firmly in cheek.

Is the foreign minister, asked the NDP MP, working with his American partners "to develop an international zombie strategy so that a zombie invasion does not turn into a zombie apocalypse?" Baird rose to the occasion with an equally glib response, telling the House that he was "dead-icated" to the matter.

"Under the leadership of this prime minister, Canada will never become a safe ha-

ven for zombies, ever," said Baird.

But he couldn't resist resurrecting an undead Tory talking point that has lurched through the parliamentary corridors for months: The NDP's fictional carbon tax, which a smiling Baird said would raise the cost of zombie-related emergency provisions — including monster trucks — for all Canadians.

THE CANADIAN PRESS

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To gamble is not divine, says Quebec lotto commission

Papal search. Betting on the new pope ruled out as bookies deem French-Canadian cardinal a top pick

All bets are off in Quebec as to whether a local becomes the next pope.

The provincial lottery commission says it will not follow the lead of some foreign gambling houses that allow people to place bets on who might inherit St. Peter's throne.

The organization isn't swayed by the fact that a fellow Quebecer, Cardinal Marc Ouellet, just so happens to be the favourite or among the top picks, according to bookmakers.

While Loto-Quebec recently branched out beyond sports gambling by introducing betting on the upcom-



Odds are in favour of Quebec Cardinal Marc Ouellet becoming the next pope. THE CANADIAN PRESS FILE

ing Oscars, a spokesman said Wednesday it has no plans to get into religion.

"Loto-Quebec has no intention to offer betting on the identity of the next pope," said spokesman Jean-Pierre Roy. "I don't think that's what people would expect from a government organiza-

tion."

Roy said sports gambling has been a fixture since the early 1990s. In recent weeks, the corporation has been testing the waters on betting on the Oscars and Roy says it will only know after the Feb. 24 ceremony whether it was a hit. The Atlantic Lottery Corp. was the first to announce it would offer Oscar betting this year.

"But betting on a religious event, we're not sure that would be the best way to go," Roy said.

Since Pope Benedict XVI's surprise announcement on Monday that he will step down on Feb. 28, Quebecers have weighed in on whether Ouellet could be next in line.

The 68-year-old native of La Motte, Que., was named a cardinal in 2003. In 2010 he was made head of the powerful Congregation for Bishops, which vets bishops nominations worldwide.

THE ASSOCIATED PRESS



Capping a reign

Vatican Secretary of State Cardinal Tarcisio Bertone takes off his skull cap after delivering a speech to Pope Benedict XVI at the end of the Ash Wednesday mass in St. Peter's Basilica.

GREGORIO BORGIA/THE ASSOCIATED PRESS

IOR

New Vatican bank head to be named

The Vatican says a new president of its embattled bank is expected to be announced within days.

The Institute for Religious Works, or IOR, has been without a leader since May, when its board ousted Italian banker Ettore Gotti Tedeschi for incompetence. It was a stunning move that came just as the Vatican was submitting its finances to a review in a bid to join the list of financially transparent countries.

THE ASSOCIATED PRESS

Agriculture

Government funds beet study

The federal government is spending \$600,000 to help the sugar-beet industry find new uses for the sweet tuber.

The money will go to the Alberta Sugar Beet Growers to study if beets can be used as a renewable alternative to petrochemicals.

THE CANADIAN PRESS

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Plane crash in Ukraine leaves 4 dead

Champions League match. Passengers on wrecked flight were headed to soccer game

A passenger plane carrying soccer fans headed for a match skidded past the landing strip and overturned in the eastern Ukrainian city of Donetsk on Wednesday, killing four people, injuring two and leaving the fate of two others unknown, officials said.

The small, Soviet-designed AN-24 plane was carrying 45 people from the Black Sea port of Odesa, according to emergency officials. It was not immediately clear what caused the crash landing, Emergency Situations Ministry spokeswoman Inna Sedova told The Associated Press. The plane was operated by the small Southern Airlines company, which mostly runs domestic flights out of Odesa.

Donetsk Gov. Andrei Shishatsky said that rescuers had located one of the mis-

sing people in the wreckage of the plane but were still unsure whether the person was alive, the Interfax news agency reported. Interfax also quotes surviving passenger Dmitry Verbitsky as saying that the plane had caught fire during the crash landing, but it was quickly put out.

Shishatsky spokeswoman Rimma Fil said that most of the passengers were likely heading for Wednesday night's Champions League soccer match between Ukraine's Shakhtar and Borussia Dortmund. The match opened with a minute of silence in memory of the dead.

THE ASSOCIATED PRESS

Bad reputation

- In recent years, former Soviet republics have had some of the world's worst air-traffic safety records. Experts blame that record on aircraft age, weak government controls, poor pilot training and a cost-cutting mentality.



Saying goodbye to a slain officer

Police patrol cars and motorcycles escort the hearse containing the casket of officer Michael Crain outside the Grove Community Church in Riverside, Calif., Wednesday. The 34-year-old Crain was ambushed in his patrol car on Feb. 7. Authorities believe the shooter was ex-Los Angeles policeman Christopher Dorner, who'd written a manifesto expressing anger over his firing by the LAPD. Dorner is believed to have died in a fire on Tuesday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Moscow

Russia plans to continue shipping arms to Syria

Russia will keep supplying weapons to Syrian President Bashar Assad's regime despite the country's escalating civil war, the head of Russia's state arms trader said Wednesday.

Anatoly Isaikin, the director of Rosoboronexport, said Russia sees no need to stop its arms trade with

Syria as the trade isn't prohibited by the United Nations. He dismissed western criticism of Russian arms sales to Assad's regime, saying his company has only delivered defensive weapons.

Russia also held out the prospect of bringing the two sides in the Syrian conflict together for talks. "We are prepared to provide the venue for Syrian talks if they want to meet in Moscow," said Mikhail Bogdanov, a deputy foreign minister. THE ASSOCIATED PRESS

Washington

Bill would extend immigration rules to gay couples

The head of the U.S. Senate Judiciary Committee wants the government to start affording gay married couples the same immigration benefits that heterosexual couples now enjoy.

On Wednesday, Sen. Patrick Leahy, a Democrat, introduced the Uniting Families Act, a bill that

would provide spousal immigration benefits to same-sex couples. Leahy discussed the bill briefly during a committee hearing on immigration reform.

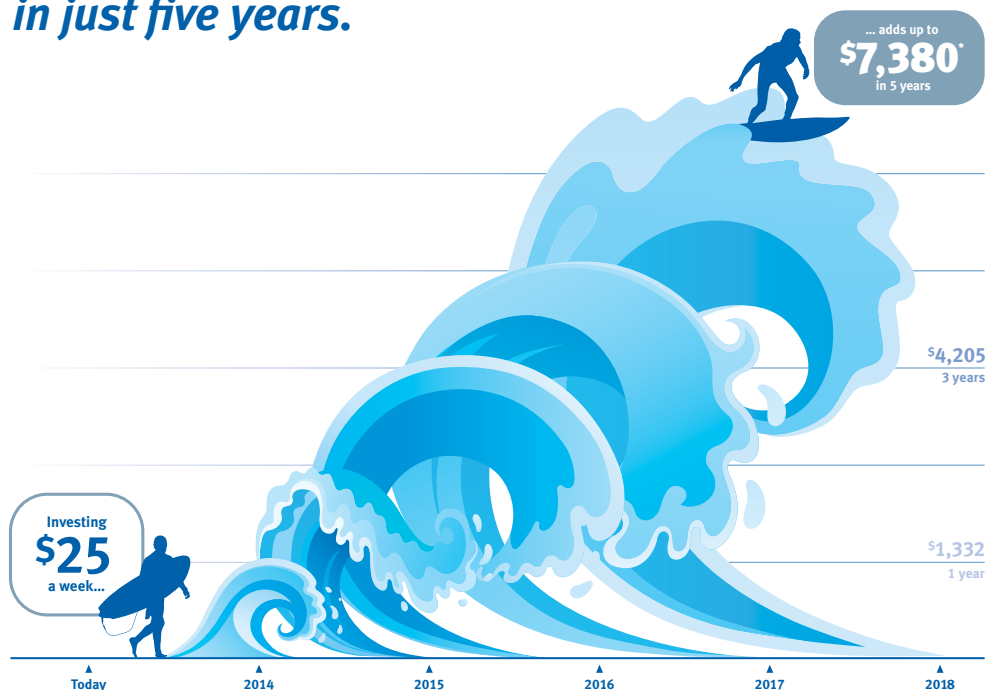
Because the federal government does not currently recognize same-sex marriages, U.S. citizens cannot sponsor their same-sex partners for immigration benefits, including green cards.

The Supreme Court is set to take up three gay-marriage cases later this year. THE ASSOCIATED PRESS



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\$930,000 sought**Former SNC exec filing lawsuit**

A former SNC-Lavalin executive who worked with the jailed ex-head of SNC's construction division has launched a wrongful dismissal and defamation lawsuit against the Montreal-based engineering giant. Stephane Roy said he was made a scapegoat and described as a "rogue employee" when he was fired a year ago despite acting on the company's orders.

Roy is seeking \$930,000 in lost salary and benefits, including \$100,000 in moral damages and for ruining his reputation.

Roy was named in an RCMP affidavit with trying to smuggle former Libyan leader Moammar Gadhafi's son and his family into Mexico. **THE CANADIAN PRESS**

Frozen lasagna**Horsemeat reaches Germany**

The European horsemeat scandal has spread to Germany. A spokeswoman for the country's agriculture and consumer protection ministry says officials were notified Tuesday that a shipment of frozen lasagna containing horsemeat was delivered to at least one trader in western Germany.

THE ASSOCIATED PRESS

Financial information**Rogers data accidentally posted to web**

Rogers Communications Inc. has removed some "high level" financial information from one of its websites after it was accidentally posted there by an employee.

A Rogers' spokeswoman says the financial information, which included annual revenues, was not related to its upcoming fourth-quarter financial results.

The information was briefly posted and removed last week from the website of Rogers Ventures Partners.

Rogers says the information also included the size and the scope of the Toronto telecom company. **THE CANADIAN PRESS**

Market Minute

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New Canadian cell challenger on scene

Halifax. Eastlink first to offer 4G LTE network



ALY THOMSON
For Metro in Halifax

A homegrown communications company is now rivaling some of Canada's wireless giants.

Eastlink, owned by Bragg Communications Inc., is now offering cellphones to Nova Scotia and Prince Edward Island on a no-term contract basis.

Wireless president Matthew MacLellan said the company's local flavour was incorporated into the new service, which includes Canada's first and only 4G LTE network.

"You've got competitors of ours based out of Montreal, Toronto and Vancouver," MacLellan told the crowd at the Eastlink store in downtown Halifax on Wednesday. "We think we can do it from Halifax and we think we can do it just as well and better."

"Why should you have to go to your cottage and have to stand up on roof to try and get cell signal?"

Existing Eastlink customers can opt to bundle a cell phone with their Internet, television or home phone



Eastlink Wireless president Matthew MacLellan shows off his smartphone prior to a launch party on Wednesday. JEFF HARPER/METRO IN HALIFAX

to save between 10 and 20 per cent.

"We're trying to build this from a customer perspective," said MacLellan. "We really tried to listen to everything that customers said that they liked about cell phones and cell-phone companies and the

things they didn't like."

MacLellan said the company has added between 100 and 120 new jobs to support its wireless division. It's also beefed up existing departments, such as customer care and technical support, he said.

Card payments. Retailers misled: Watchdog

A federal consumer watchdog says some credit and debit card payment companies are breaking rules it created to protect retailers, which in turn could be costing Canadians more money.

The Financial Consumer Agency of Canada issued a warning to the industry on Wednesday that it will not tolerate payment companies who mislead merchants into paying hidden fees or lock them into confusing contracts.

The concerns stem from a code of conduct introduced by the federal government nearly three years ago designed to encourage further clarity in the contracts signed between retailers and credit and debit card companies.

But the agency said it found some payment companies, who it did not name, have been misrepresenting the terms of contracts with merchants by advertising and promising rates that they were unable to honour.

The agency said its investigation found that some merchants signed agreements that they later discovered were linked to additional contracts that had different cancellation clauses, penalty fees or costs associated with them.

THE CANADIAN PRESS

Belgium criticized over conflict diamonds

A world monitoring group on conflict diamonds said Wednesday it wants restrictions on the sale of Zimbabwe diamonds tightened after calls to relax them by diamond companies in Belgium.

Belgium has argued the controls hurt revenue filtering down to ordinary Zimbabweans. But Global Witness insisted in a statement circulated Wednesday the European nation's interests were "closer to home" in its diamond centre of Antwerp that promotes diamond gifts around Valentine's Day.

The eastern Zimbabwe fields of Marange, where diamonds are mined, have long been mired in allegations of killings, human-rights violations and corruption.

The group warned against what it called "a love triangle" between Belgium, its diamond dealers and Zimbabwe.

"European Union members seeking to promote democracy and stability in Zimbabwe should avoid a



An unidentified diamond trader examines a newly polished stone at the Diamond Market in Antwerp, Belgium. GETTY IMAGES FILE

menage-a-trois with Belgium and its diamond dealers this Valentine's Day," it said.

It said Belgium is pressing for a European Union embargo on Zimbabwe Mining Development Corporation — at the forefront of diamond sales — to be lifted immediately.

Global Witness called for the corporation to remain strictly bound by European restrictions and said Anjin, a Chinese joint-venture diamond-mining company with links to senior Zimbabwean military officials, should be added to the European sanctions list, along with Sam

Pa, a powerful Chinese mining magnate accused of involvement in illicit diamond trading.

EU foreign ministers are scheduled to meet Monday to review the bloc's economic restrictions on Zimbabwe after years of human-rights violations and political and economic turmoil. But union officials say any relaxation of the measures will depend on the holding of a credible referendum on a new constitution slated for March or April and parliamentary and presidential elections later in the year.

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A WRITTEN HISTORY OF ST. VALENTINE



HE SAYS...
John Mazerolle
metronews.ca

One little known fact about me (along with every other fact) is that I am a Valentine's Day history buff. This is why so many women I've spent Valentine's Day with have told me, "You're

history." Their words, not mine.

It's a fascinating topic.

By looking back at the origins of Valentine's Day we can see how it overcame its humble beginnings as a 14th-century Coca-Cola promotion to become the genuine and understated holiday we know and love today, giving birth to some of the great poetry and art of our time.

The history of Valentine's Day: From mass decapitation to mass duplication:

Ralph Wiggum syndrome

With its perfect pre-Hollywood combo of romance and violence, Valentine's Day became increasingly popular. The biggest breakthrough came in 1584 when journeyman poet William Shakespeare wrote "Bee my Valentine" next to a picture of a bee.

guished loves and several brutal wars. All was fair in both cases, and nobody ever had to say they were sorry.

The dismal state of affairs (most of the cards ended with the clunky "Be My Luperclia") eventually changed with the birth of three different men named Valentine, a glorified soul considered so important to God that He built in double-redundancy. The three saints Valentine were very different people, but they all shared one romantic trait: They were all brutally executed.

This, of course, dovetails nicely with our perception of modern love. Since their beheadings, the most perfect loves in fiction have always ended in death (Romeo and Juliet, Rose and Jack, Teen Angel and Narrator) leaving many husbands and wives to wish their romances could end so perfectly.

A number of legends have grown around the executions of St. Valentine(s), not all of them true, but it's clear their deaths gave rise to several famous romance-related phrases.

For instance, it's well documented that the Grand Executioner began each decapitation with the solemn proclamation: "It's not you, it's me."

Also, each saint's head tended to fall on his twitching feet, leading to the well-known phrase, "head over heels." ("To wear your heart on your sleeve" also came about then, but it's best not to get into details.)

With its perfect pre-Hollywood combo of romance and violence, Valentine's Day became increasingly popular. The biggest breakthrough came in 1584 when journeyman poet William Shakespeare wrote "Bee my Valentine" next to a picture of a bee. This brilliant bit of wordplay took off on Reddit, leading to fame and fortune for Shakespeare, despite claims of copyright infringement by user Francis Bacon.

Combined with the invention of the Gutenberg Laserjet Printer, spreading love around the world was soon as simple as plunking down \$8.95. By 2012, for the first time ever the illness that is love could spread worldwide just as quickly as love-related illnesses.

The poets of the past would be uncharacteristically speechless if they could see how easy sharing the perfect words has become. Though I think if Shakespeare were here today, he'd probably say, "What a time to bee alive. Or if not alive, to buzz off."

I'd love to see him top that.

... and they call it guppy love



CLELIA GASPARINI/THE ASSOCIATED PRESS

Advice from a guppy

Choose an ugly wingman to make yourself shine

When it comes to mating, guppies treasure their ugly friends — because they look so good by comparison.

An article published Wednesday by Britain's Royal Society says that male guppies prefer to associate with their drab-coloured counterparts when females are around.

"Males actively choose the social context that maximizes their relative attractiveness," the article said. Or, as lead author Clelia Gasparini put it: "If you are surrounded by ugly friends, you look better."

THE ASSOCIATED PRESS

The dating game

- **Mating rituals.** An aquarium was set up with one female in partition on either end. Guppy bachelorette No. 1 had two attractive, brightly coloured males placed on either side of her. Guppy bachelorette No. 2 was stuck with uglier, drab-coloured fish.
- **The ugly guppy.** When a male guppy was put in the middle of the tank, and given the choice of which female to approach, bachelorette No. 2 was the more popular pick, with male guppies spending about 62 per cent of their time hanging around her side of the aquarium.

Plenty of fish

Ugly guppy plays matchmaker

The researchers also found that the time guppies spent with the guppy that was surrounded by ugly fish correlated with their unattractiveness. The uglier the guppy, the less likely it was that he would hang around the brightly coloured fish placed next to bachelorette No. 1.

Because it could be argued that guppies avoided their brightly coloured pals because attractive fish were more aggressive, or because predators were more likely to spot them, the experiment was repeated. Researchers ran it without any females, and again with the lights in the male enclosures turned down so that the test guppies couldn't see them.

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Only human

"As a researcher I cannot compare human mating systems with the guppies' one. But if you ask me as a person, sure ... I saw this tactic working pretty well with humans ... If you want to impress someone, do you think you will look more attractive in comparison with Mr. Bean or George Clooney?"

Clelia Gasparini, lead author of article published by Britain's Royal Society



Twitter

@stats_canada: Manitoba has been featured in the news 450% more since the return of the Winnipeg Jets

@DaltsUlrich: Look, man... I'm holding the door open for you. Appreciate it. I'm not making fun of your Winnipeg Jets backpack tho I should be.

@tryped: Furniture that you purchase and have to assemble it, should be

called, Divorce in a box

@Master_Couch: My prof said she had never had poutine and everyone was like :o!!! "STONE HER!!!!!"

@Chantelle_Amy: While on the plane back to Winnipeg, I turned on the Stepford Wives. Realizing I would probably be a wife like that by choice. Heh.



Register at metropolitanpanel.ca and take the quick poll

How will you be spending Valentine's Day?

50% DINNER WITH MY SIGNIFICANT OTHER

12% SPOILING MY PETS

38% BOTTLE OF WINE AND A MOVIE WITH MYSELF



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I Believe in Love

Illustration: Thomas Pittilli

YOU COULD WIN A CONCERT DATE WITH BIEBER!

THIS VALENTINE'S DAY - METRO "BELIEBES" IN LOVE!

Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:

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No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Bieber (approximate retail value of \$5,000 CAD). SRB testing question required. Contest closes February 28, 2015 at 12:00AM CET. To enter and for complete contest rules visit www.facebook.com/metroent. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prizes.



One lucky reader will meet Justin Bieber backstage at a future show through Metro's Valentine's Day contest. CONTRIBUTED

Beliebe in love!

Justin Bieber. Enter our Valentine's Day contest for a chance to meet the superstar

MICHAEL FREIDSON
Metro World News

Metro's Justin Bieber contest gives you the once in a lifetime opportunity to meet him backstage at a future show. Alas, we were not so lucky, but the superstar did answer some questions about his new album, *Believe Acoustic*, via email, shortly before heading out on his European tour.

On *Believe Acoustic*, you sound more raw and more available than on previous big-production tracks. How do you make that intimacy sound authentic, even though you're ...

Justin Bieber?

It sounds authentic because it is. Acoustic performances, whether busking in my hometown or on YouTube, are how I got started. Songs and performances like that really give me the chance to connect with my fans. That connection is why I perform an acoustic set as part of my *Believe* Tour every night.

Does this bring us closer to the "real" Justin?

I think everything I put out is a representation of the real me. But this album (*Believe Acoustic*) definitely allows the public to see a different side of me than *Believe*. The sound of this album is a lot rawer and more exposed.

I ask because previous stars your age — Timberlake, Britney — usually start to define their sound for an older audience around this time. Where are you going?

Quoted

"I'm just growing up and my sound is maturing with me. I just write about what is going on in my life."

Justin Bieber, on his new album *Believe Acoustic*

I'm just growing up and my sound is maturing with me. I don't spend a lot of time planning where my music will go next. I just write about what is going on in my life and how I am feeling and it's causing the music to grow with me in a very organic way.

Lots of guys in dorm rooms everywhere play acoustic guitars to pick up girls and fail, because they look cheesy. What tips do you have for them?

Be confident.

What are you doing this Valentine's Day?

I've got a small break before my U.K. tour dates start so

I'm still figuring it out.

What's the wildest offer you've had from a fan?

I get a lot of marriage proposals.

We have to ask about *Nothing Like Us*, a song about your break up with Selena Gomez — you told *Billboard* you're not in the happiest place and have friends to get you through. What have you learned about relationships?

I have learned a lot about who I am and who I want to be.

And?

I've also learned how to be there for someone else.

Bieber's V-Day Playlist

Justin creates his ultimate romantic mixed tape — fire up the iTunes and turn down the lights!

- *I'll Make Love To You*. Boyz II Men
- *As Long As You Love Me*. Justin Bieber
- *You Are Not Alone*. Michael Jackson
- *7 Days*. Craig David
- *Back at One*. Brian McKnight
- *Climax*. Usher
- *Because of You*. Ne-Yo
- *Let's Get it On*. Marvin Gaye
- *Best I Ever Had*. Drake
- *Broken Road*. Rascal Flatts



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What comes first, the book or the film?

Adaptations. The original piece of work rules when looking for the premiere way of enjoying a story

As Ang Lee's striking film *Life of Pi* rides a wave of awards season glory, with 11 Oscar nominations and many other honours, the boy-tiger shipwreck story it's based on is also enjoying a boost.

Saskatoon-based author Yann Martel's Man Booker Prize-winning 2001 novel *Life of Pi* has been in the Top 20 on the New York Times Best Sellers list (and in the Top 10 several times) every week since the film came out in November.

The question is, are readers taking in the book before seeing the film, or vice versa?

If Martel had his way, it would be the former.

When it comes to book/film adaptations, "One should start with the original work," Martel wrote in a recent email to The Canadian Press, via his publicist.

"So read the novel if it came first (so read *Life of Pi* the book



If Yann Martel had his way, people would be reading *Life of Pi* before they saw the film. HANDOUT

before seeing the movie) or see the movie first if it was done first (so 2001: A Space Odyssey, which was a movie and then became a book).

"That way you get the originating artist's work in its first format rather than an adapta-

tion."

CBC Radio Writers & Company host Eleanor Wachtel agrees, noting "movies colonize your imagination."

"If you see the movie first and then read the novel, it's virtually impossible to block

out the actors who play the characters that you're now reading about," says Wachtel, who also hosts TIFF Bell Lightbox's Books on Film subscription series.

"So if you want to have that primary, intimate experience

with a novel, it's much, much better I think to read a book first and then see the film."

In some cases, movie-goers might even have a better understanding or appreciation of a film if they've read the book first, she adds.

Look in a book...

With literary awards, social media platforms, book blogs and websites like Goodreads.com creating much buzz around books these days, it's hard to put off reading a story before its film release, notes Viveca Gretton of the Toronto Public Library. "People want to be part of that reading community," says the librarian. "One of the good things about reading the book is that it's going to take you to other books as well. It might start you on a path of reading similar books or books that interest you."

"Something like *Cloud Atlas*, which is quite a stupendous adaptation, I think it's much better to read the novel first," says Wachtel.

"The movie jump-cuts a lot ... but the novel is like six nesting bowls cut in half, each written in a different style, and if you don't read the novel first you won't really be able to appreciate that."

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Romance



Safe Haven

Director. Lasse Hallström

Stars. Josh Duhamel,
Julianne Hough

Josh Duhamel and Julianne Hough are blandly likeable enough but this seventh big-screen adaptation of a Nicholas-Sparks-authored heart flutterer won't find a safe haven from discerning audiences. Simply put, this tale is about a woman seeking sanctuary in a sleepy town who falls for a widower while her psychotic hubby hunts her down. Veteran filmmaker Lasse Hallström (Dear John) does his best to mould the melodrama but Safe Haven is still mostly stale and unmistakably safe storytelling.

STEVE GOW

Romance/Drama



Beautiful Creatures

Director. Richard LaGravenese

Stars. Alice Englert,
Alden Ehrenreich

Based on a series of young adult novels, Beautiful Creatures is likely aimed at the same cinematic spend-thrift crowd that turned the Twilight franchise into box-office alchemy. Adapting the love story between a longing, teenaged book-worm and his supernatural girlfriend with a curse, Oscar-nominated-filmmaker Richard LaGravenese (The Fisher King) clutters an ultimately simplistic story with complications that are neither all that compulsory nor compelling. It ends up anything but super or natural. **STEVE GOW**

Action



A Good Day To Die Hard

Director. John Moore

Stars. Bruce Willis, Jai Courtney,
Sebastian Koch

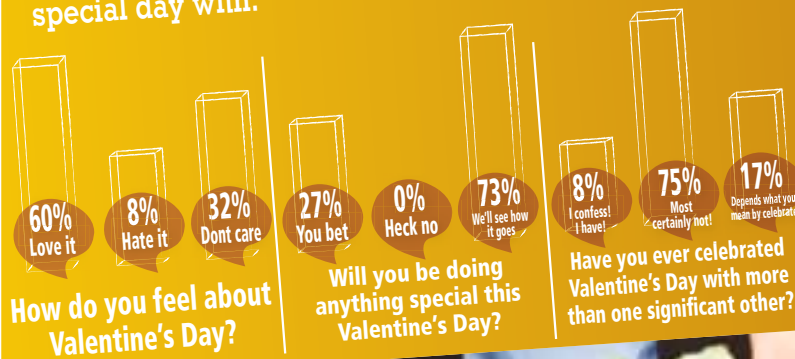
The original Die Hard is an '80s classic. A near perfect mix of action, humour and Bruce Willis' charisma, it was a claustrophobic thriller set inside an office building. Since then the movies have slowly opened up the action, becoming more generic with every added location. The new film sees Willis in Russia joining forces with his CIA operative son (Jai Courtney). It has exotic locations and a body count that would take a mathematician to calculate, but none of the wit or style of the first film.

RICHARD CROUSE



Sharing the love on Valentine's Day!

We asked our Metropolitan Panel what their plans are this Valentine's Day and who they'll be sharing their special day with.



Whatever your plans are today we hope you'll be sharing it with someone special.

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News worth sharing.

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- Pete Hammond, MOVIELINE

"JOSH & JULIANNE HAVE GREAT ONSCREEN CHEMISTRY TOGETHER!"

- Ben Lyons, EXTRA

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- Willmary English, SHEKNOWS.COM



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ENTERTAINMENT ONE

Not by the standup book

Chantel Marostica.
Soap Scum regular
delivers performative
comedy in her show



**BACKSTAGE
PASS**
Jared Story
winnipeg@metronews.ca

It's observational humour with a twist. Chantel Marostica's brand of standup comedy has little to do with the premise, punch, tag style of Jerry Seinfeld.

"I don't really know how to write those jokes at all," says the 29-year-old Winnipeg comic. "People gave me comedy books when I was starting out, but when I read them it was like, 'What is this? That's not what I want to talk about.'"

Marostica's stage style is less influenced by standup than it is by acting and improv. She's a high energy, very physical performer who relies on impeccable delivery and timing instead of well worn one-liners.

"My writing has little to do with my performance," says Marostica, who also performs

Info

Marostica tapes her first comedy special, *Keep it Going*, Tuesday at the Park Theatre.

- There will be two shows, at 7 p.m. and 10 p.m. respectively.

- Opening the shows are

Winnipeg comics Tim Gray, Jordan Welwood and Benjamin Walker.

- Tickets are \$15 and are available at parktheatrecafe.com, by calling 204-963-4324 or by emailing deviousu@live.ca.

in Soap Scum, a weekly improvised soap opera at the Park Theatre.

"I'll read it right before I go up for a show and go, 'This stuff is f—ing garbage' but then I go up there and they laugh. It's about how I put it out, not how I put it down."

"If something happens to me on stage that I'm not expecting, I have that improv muscle to just bounce back from it."

Experience also helps. Marostica started doing standup seven years ago, spending her first three years in Montreal where she performed in the 2006 Just For Laughs Festival. Since moving back to Winnipeg, Marostica's been a regular at the Winnipeg Comedy Festival. At last year's fest, she

performed in a whopping five shows, including The All Girl Gay Show alongside such comics as Elvira Kurt and Judy Gold.

Yes, Marostica is a lesbian. She also has a mood disorder. While Marostica doesn't want to be pigeonholed by these traits, they do add to her unique comedic perspective.

"I think people with mood disorders just think of things differently, so it's just this wider scope of writing you can do by being full-on nuts," Marostica says. "I think of things in a different light than people who aren't sick. I think a lot of people in the entertainment industry have mental problems, which is why they create such different things from the norm."



Winnipeg comic Chantel Marostica thinks deep thoughts in preparation for her first special, *Keep it Going*. HANDOUT

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Bruce Willis ALL PHOTOS GETTY IMAGES

Willis only hits the bottle a bit now

Bruce Willis admits he used to have a drinking problem, leading to a brief foray into complete sobriety, but he's past all that now. "I had been sober (for a while)," he tells GQ magazine, explaining that he eased off his personal prohibition "once I realized that I wasn't going to run myself off the pier of life with alcohol, drinking vodka out of the bottle every day." As for his current drinking habits? "I have wine now,

mostly when I eat," he says. Of course, Willis is still facing the unstoppable march of time. "Nobody wants to hear this bad news, but we're all dying on some level," he says. "I'm going to try to keep this machine moving forward as much as possible and not have to think about the eventuality of becoming more frail and less able to do the work. I know that I'm not going into politics. That's not an option."

Swift response to exes, Underwood



Taylor Swift

Taylor Swift had more exes on her mind at the Grammys than just Harry Styles, whom she mocked during her performance of We Are Never Ever Getting Back Together. The lovelorn singer also made a point of avoiding ex-boyfriend John Mayer and his current squeeze, Katy Perry, despite being seated near each other, according to Us Weekly. And as for reports that Grammy organizers were ordered to keep Swift away from rival Carrie Underwood? "Taylor feels Carrie is always rude to her, so she steers clear of her," a source tells the magazine, pointing out that "after Carrie performed, Taylor didn't stand. Everyone else did."

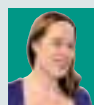
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hugh Jackman: Nope, not gay



THE WORD
Dorothy Robinson
scene@metronews.ca

Just because he has a deep love of musical theatre, lives in the West Village and has an older wife does not make Hugh Jackman gay. In an in-depth interview with The Hollywood Reporter, the Australian star addresses the gay rumours that constantly swirl around him. "Just recently, it bugs her," Jackman, 44, said about what his wife of 16 years, Deborah-Lee Furness, 57, reads online. "She goes: 'It's big. It's everywhere!'" His X-Men producer Lauren Shuler Donner even went

on record with the magazine to talk about their marriage. "I have seen him with Deborra since the beginning of their trip to Hollywood, and I've been on five movie sets with him and have never seen him stray, have never seen him eye anyone," she said. "I met him when he did Oklahoma! (at London's Royal National Theatre in 1999). He was genuine, hugely talented. He was in love with his wife that day and still is."

Doth thou protest too much? Who gets their producer on record to talk about the state of their marriage?

See? I'm doing it too! Why can't we believe that a drop-dead handsome, successful matinee idol can be happily in love with someone not on his level, looks-wise? Also, aren't we at the place in society that he could come out if he wanted to? Or am I just dreaming big here?



Lady Gaga

Gaga's pain puts concerts on hold

Lady Gaga has postponed her next four concerts because a joint inflammation condition called synovitis has left her unable to walk, she revealed on Twitter. "I've been hiding a show injury and chronic pain for some time now. Over the past month it has worsened," the singer tweeted. "I've

been praying it would heal. I hid it from my staff. I didn't want to disappoint my amazing fans. However, after last night's performance I could not walk and still can't." Makeup dates for the cancelled shows — in Chicago, Detroit and Hamilton, Ont. — have yet to be announced.

Twitter



@EmmaBunton
I've been hacked!!!!



@carrieunderwood
Why do dogs' paws smell like Fritos? More importantly, why do I love to smell my dogs' paws? These are a couple of life's big questions...



@JimCarrey
America has become the biggest gun club in the world and every single day now we are seeing that Karma played out.



@OfficialAdele
Chris Brown and I were complimenting each other in that photo actually!

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LIFE

Trinidadian-born American rapper Theophilus London now calls Brooklyn his home. HANDOUT

London calling: Theophilus and the finer things

The song and pants. Young artist helping to usher in an era where hip hop and High Street go hand in hand

RICHARD PECKETT
life@metronews.ca

"Kids used to want to be rappers, but now they want to be fashion designers, which is cool. It's an education," says Theophilus London.

The New-York-based rapper is talking about his legions of fans and network of starry friends, which he refers to as "kids."

But in terms of the music industry, London, at 25, is still a youth himself — though a savvy one.

In fact, he's probably had more magazine and newspaper profiles (GQ, Esquire, Elle, The New York Times) and fashion collaborations (Cole Haan, Stüssy and Surface to Air) than he's had musical airtime.

And he can name drop with the best of them. Solange Knowles is "like family, like a sister."

He casually mentions seeing mood boards out at Kanye West's house. Those

are some impressive connections considering that London, who was actually born in Trinidad, has only released one album, an EP and a selection of mix tapes.

Usually the lucrative endorsement spoils are rewarded after years of toil, making records or movies. However, London has managed to capitalize off of his personal style and cool credibility first.

"Rappers used to be wearing Air Jordans. I still wear them. But now, the progressive kids are more educated and wanting Givenchy, Rick Owens or Alexander Wang. And Kanye's clothes — they're dope," he says.

While London is answering my interview questions from the set of a Chevrolet commercial, he swears he approaches it all with a strategy and awareness that extends beyond the next commercial paycheck.

"I'd never do anything with McDonald's, for example. They're not moral," he says. "I have my own agenda."

For now, that includes a new album coming out this summer and planned collaborations with Azealia Banks and Frank Ocean.

"I never do things just for

Independently inspired

A studied approach to style



"The black suit and hat that I'm wearing on the cover of my first album, *Timez Are Weird These Days*, was inspired by Leon Ware (the writer behind Marvin Gaye's *I Want You* record). I got a lot of work off of the back of that. I know how to dress. I have a look and I don't need a stylist to tell me what to wear," London said.

Hipster hop

"Rappers used to be wearing Air Jordans. I still wear them. But now, the progressive kids are more educated and wanting Givenchy, Rick Owens or Alexander Wang."

Theophilus London

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Fresh ideas for a party

Need a fresh idea for Family Day? Why not throw a party and invite a few other families? Better yet, steal one of these themes to make your get together truly memorable.

Colour Party

"You could have a colour theme to your party, where everyone comes in their favourite colour and bring a food in that colour as well," suggests Tracie Wagman, the Toronto-based publisher of Help! We've Got Kids.

Around The World Party

At home, every once in awhile, Wagman spins the globe, picks a country and, together with her children, tries to make a dish from that country. So why not expand that idea to a party? "You could do that with your friends where everyone picks a country and brings a dish from that country," she says.

Oscar Party

Got older kids on your hands? "Why not try an Oscar party?" suggests Minnow Hamilton, co-founder of the savvy-mom.ca site. After all, with the annual movie awards coming up on Feb. 24, you could rent a movie or two to watch with other families, serve popcorn and set up movie-themed decorations.

Belated

Valentine's Party

Feel like delaying the love-in event? Defer a Valentine's party, Hamilton suggests, where you theme your games and foods around the annual day of love.

Superhero Party

Invite your guests to come dressed as Superman, Wonder Woman or their personal favourite superhero. Or steal a page from the movie The Five-Year Engagement and set up a "make-your-own-superhero" party.

Beach Party

"These are fun because guests can come in their bathing suits," says Ann-Marie Burton, the Burlington, Ont.-based founder and president of the Momstown.ca groups. **ASTRID VAN DEN BROEK**

Time to enjoy the great outdoors

Activities. Canadian winters are perfect for families to get together to enjoy fun activities

ASTRID VAN DEN BROEK
For Metro

With Family Day set in the middle of winter, perhaps this is a day to take advantage of the weather and head outdoors as a family.

But what to do?

Here are four ideas for getting your crew outside.

1 Get Your Skates On: Whether it's a backyard or local community rink, lace up those skates and hit the ice. "Or make a point of visiting a new rink outside your city.

You have your local ones but there are some rinks worth driving to," says Minnow Hamilton, co-founder of the savvy-mom.ca site. Other winter favourite activities include heading to your local toboggan hill.

2 Bring Summer To Winter: Try introducing your family to a summer sport in the winter. Think snow soccer or, Hamilton suggests, Frisbee golf or even geocaching.

3 Get Creative: Ann-Marie Burton, the Burlington, Ont.-based founder and president of the Momstown.ca groups, suggests putting food colouring into spray bottles to spritz the snow different colours or taking snow and making snow faces on trees or the sides of a brick house.

"One of our chapters in Red Deer also took bubbles outside and the bubbles freeze mid-air and sometimes also on the wand," she says.

4 Explore Together: "You could do an outdoor scavenger hunt in a park or around your house," says Tracie Wagman, the Toronto-based publisher of Help! We've Got Kids. "Or if you have a beach not too far from you, I know our family likes to go to the beach in the winter — we find it fun to see the water and how crazy it can get." She also suggests looking for a public farm or gardens that you can wander through as a family.



Whether it's a backyard, lake or local community rink, lace up the skates with your family. COMSTOCK/THINKSTOCK

Ditch the distractions

ASTRID VAN DEN BROEK
For Metro

With many of us hooked up to our iPhones, PlayBooks, DS gamers, Kindles and more, it's easy to drift apart as a family. But perhaps this Family Day, you and your unit should consider unplugging for the day.

Why Unplug?

"There is a different vibe that happens in your family when everyone's unplugged," says Ann-Marie Burton, the Burlington, Ont.-based founder and president of the Momstown.ca groups. "When you're not distracted, then you're more present in body and mind and you're noticing what is happening." Burton also points out that five years ago being unplugged simply meant turning the TV off. Today, it's also about deactivating from all of our computers, phones, gadgets and video games, too.

How To Unplug?

Well, there's the obvious tactic of confiscating all gadgets and phones and locking them up somewhere for the day. But there might be a better way of going screenless.

"Have a discussion with your family prior to the day about going unplugged so



Play a board game with your family if you want to unplug your electronic

Different vibe

"There is a different vibe that happens in your family when everyone's unplugged."

Ann-Marie Burton, founder and president of the Momstown.ca groups

then expectations are set," Burton suggests. "Because there's nothing more disappointing to a child than to be told that they can't do their favourite things on a random whim."

And once you have your family's buy-in, begrudgingly or not, make a plan, suggests Tracie Wagman, the

Toronto-based publisher of Help! We've Got Kids. "I find the more you plan with children, without over-planning a holiday, the better, because children get bored easily," Wagman says. "But also build in some down time. Let them sleep in and spend a few hours in the morning just hanging out in their rooms or just playing together, for example."

Make It A Family Affair

Also, while it's easy to slip into parent-dictator mode and rhyme off plans, you might have more success encouraging your child to help develop plans on what to do for the day without screens.

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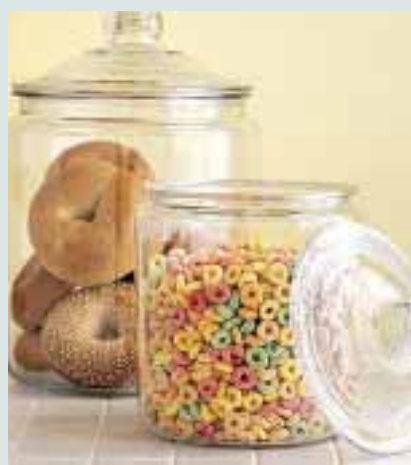


DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Trendy. Useful stylist tricks to make your kitchen look fabulous

With so many kitchens being designed smaller in size and open concept to fit our living spaces, it's important that they function well but look good at all times.

From someone who staged, propped and styled rooms for magazines and television shows for many years, here's a few stylist tricks to make your kitchen — no matter how large, small, high-end or low-end — look great at all times.



Repackage

Put packaged necessities in attractive display containers. Your favourite pasta, granola and espresso beans can be stored in decorative containers and displayed on the counter or behind glass doors.

Hint:

When displaying storage containers like baskets, jars or boxes, rely on the repeat method to help simplify the overall look. Using three to five of the same containers will allow a kitchen to look less eclectic.

Small scale

Look for space-saving countertop appliances in a small kitchen. Small and efficient appliances will save space and still offer up all the conveniences of a large kitchen.



Stand tall

Stand up trays, cutting boards and platters to hide unattractive backsplash. Choose fun shapes and trend-setting colours to help bring a boring kitchen to life. They even work standing up in the back of an open shelf or inside a glass-fronted cabinet. Got a really ugly backsplash? Try leaning a long dressing mirror horizontally across the back of the counter.



No faux pas

Mix artificial plants with real herbs/flowers. Every kitchen, no matter what size, needs a lush look. Adding real herbs and small plants with faux will extend the lush look long after the herbs have been used up and the next shopping day is near.



Tray it

Keep everyday items clustered on a tray. A tray filled with your morning French press, artificial sweeteners, bean grinder and your favourite mug will not only keep the counter looking tidy but keep you organized in the morning. Another tray with olive oils, dried herbs, vinegars, salt and pepper keeps the stove side organized for action.



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Cleaning secrets



It's true: ketchup can be used to clean copper. ISTOCK IMAGES

Some people put ketchup on everything



CHARLES THE BUTLER
askcharlethebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Mr. Butler,
My friend says that besides

ketchup being a great condiment, you can use ketchup to clean metal. Is this true or is she pulling my leg?
-Ketchup Lover

Dear Ketchup Lover, Your friend is correct. Ketchup is first and foremost a great condiment, but if used on copper it is a good cleaner for removing light tarnishing as well. This is how I have tried it in the past with great

success: wash the copper pot using normal dish soap, dry, then take a liberal amount of ketchup and spread it all over the copper surface.

Let it stand for a good 20 to 30 minutes. Rinse with warm water and repeat if necessary. So why does this work? Well the magic is all in the ketchup.

It is actually the acid from the tomatoes that act as the cleaning agent. The myth is true!

Know your handyman dos and don'ts

DIY. Feel like you can tackle any project? Some may be out of your league, says Bryan Baeumler

In the new season of Canada's Handyman Challenge on HGTV Canada, hopeful amateur handymen from across Canada compete in challenges ranging from hanging wallpaper to wiring a three-way switch to building an entire deck.

One of the judges of the series, Bryan Baeumler, is here to give you insight into which projects you should learn to tackle at home — and when to call in the experts.

Tune in



Watch Bryan in Canada's Handyman Challenge airing Tuesdays at 10 p.m. on HGTV Canada.



Handyman Dos

Tiling and flooring

Tiling a floor at home is straightforward and simple to execute. It does take some precision and patience when laying out the tiles and measuring appropriately, however the physical work of tiling and grouting is something that people can definitely do at home.

Painting

Updating your home with a new paint colour is an easy and cost efficient way to update a space. Getting familiar with this skill will become very useful in any home — as will mastering the precise trim work painting.

Decorative finishes

Anything decorative is a great project for an at-home handyman, whether it's the jobs above or more detailed work such as wallpaper.



Handyman Don'ts

Electrical

It's every professional's worst nightmare to be hired for a renovation and find that previous homeowners have tried their hand at re-wiring. This is where you absolutely should hire a professional — those without the skills and knowledge required run the risk of damaging their home.

Structural

When the renovation you're considering is large enough to warrant taking down a wall or moving the basic structure of your home, it's time to call a professional.

Plumbing

Similar to electrical, a professional plumber will have the skills and knowledge to work on your home, things that Google just can't teach an average homeowner.




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A healthy dose of sweetness for your funny valentine

Triple Chocolate Brownies



This recipe serves 12. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

With all of the sweet and sticky candy and chocolate you may consume on V-Day, why not try something a bit lighter?

These brownies, which I created for the Mövenpick restaurant chain in Toronto, are only 140 calories and seven grams of fat per serving.

The cocoa, oil and yogurt that replace traditional butter and chocolate are the way to keep the calorie and fat count low.

If that's not enough to convince you to whip these up, consider that Mövenpick sells 1,500 of these brownies per month.

They're also now featured in my catering company and still rank as the number one dessert.

1. Preheat the oven to 350 F. Spray an 8-inch-square pan with cooking oil.

2. For the brownies, combine the sugar, oil, egg and vanilla in a bowl and mix well. Add the cocoa, mixing it in well. Add the flour, baking powder, yogurt and chocolate chips, mixing just until combined and smooth. Don't over mix.

3. Pour the batter into the prepared pan. Bake in the center of the oven for 15 to 20 minutes, just until set. Do not overbake. Cool on a rack for 15 minutes before icing.

4. To make the icing, place all the icing ingredients, except for the sugar, in a blender or food processor and process until smooth. Spread over the top of the brownies.

5. Cut into squares and garnish with a dusting of icing sugar, or drizzle melted dark and white chocolate overtop.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Prep time: 10 minutes
Bake time: 20 minutes

Brownies

- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 egg
- 1 tsp pure vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/3 cup all-purpose flour
- 1 tsp baking powder

- 1/4 cup low-fat yogurt or sour cream
- 1/4 cup semi-sweet chocolate chips

Icing

- 1/3 cup light cream cheese
- 2/3 cup icing sugar
- 1 1/2 tsp unsweetened cocoa powder
- 1 1/2 tsp water
- dusting of icing sugar

For your phone

Sara Jenkin's New Italian Pantry (iPad; \$3.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Be spontaneous, be inspired. With 16 key ingredients, Sara Jenkins will show you how to cook a variety of dishes on impulse. Imagine porchetta-style tuna, pan-roasted potatoes, or Spaghetti Cacio e Pepe.



Chocolate cake indulgence

1. Coat eight 1/3- or 1/4-cup ramekins with cooking spray. Sprinkle about 1 teaspoon of

Ingredients

For the chocolate cakes

- 1/4 cup sugar, plus 8 tsp for coating the ramekins
- 4 1/2 oz bittersweet chocolate
- 2 large eggs, whites and yolks separated and brought to room temperature
- 1/3 cup plain nonfat Greek yogurt

For the sauce

- 1 1/2 cups raspberries
- 1 1/2 tbsp sugar

sugar into each, swirling it around to coat the bottom and sides, then dumping out any excess.

2. Finely chop 2 1/2 ounces of the chocolate. Cut the remaining 2 ounces into 16 pieces, roughly the same size, then set those aside.

3. Bring a small saucepan of water to a bare simmer. Set a medium stainless steel bowl over it and add the 2 1/2 ounces of finely chopped chocolate to that. Heat, stirring occasionally, until the chocolate is melted.

4. While the chocolate is melt-

ing, in another medium bowl use an electric mixer to beat the egg yolks with 1 tablespoon of the sugar until they are thick and lemon coloured, about 4 minutes. Set the bowl aside and clean the beaters well.

5. In a third medium bowl, use the electric mixer to beat the egg whites until they form soft peaks. Add the remaining 3 tablespoons of granulated sugar, a little at a time, and continue beating until the whites hold stiff peaks. Set aside.

6. Remove the melted chocolate from the heat. Add the yogurt and stir well. Add the

egg yolk mixture and stir well. Add one third of the egg whites to the chocolate mixture, stirring well, then gently fold in the remaining egg whites until they are just combined with the chocolate mixture. Divide the batter among the prepared ramekins. Cover and chill for 1 hour.

7. While the cakes are chilling, heat the oven to 325 F and prepare the sauce.

8. In a blender, puree the raspberries with the sugar. Pour the mixture through a mesh strainer, using a silicone spatula to press the pulp. Discard the pulp



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

and seeds. Thin the sauce with water or with the reserved raspberry liquid (if using frozen raspberries) until the sauce has a nice pouring consistency.

9. Remove ramekins from fridge, tuck 2 pieces of cut choc-

olate into centre of each and bake in middle of the oven for 15 to 18 minutes, or until just springy when touched. Let cool for 5 minutes, then unmould or serve in the ramekins. Serve drizzled with the raspberry sauce. THE ASSOCIATED PRESS

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Impress your lover in bed



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Casseroles are a funny thing. You aren't likely to see them lauded as the hot new food trend any time soon. Yet make a great one, and suddenly folks clamour for the recipe.

An egg strata is easy to prep ahead of time, and bakes up light and fluffy, and yet is substantial and satisfying — a perfect choice for a romantic breakfast in bed come Valentine's Day.

The other thing that's

great about a strata is that you can tailor it to include your favourite flavours, as well as make it sweet or savoury. If you make a sweet strata for Valentine's Day, try stuffing it with strawberries and chocolate for a new twist on everyone's beloved chocolate-covered strawberries. Just leave out the savoury spices and add a touch of sugar and lemon zest to make the stuffed French toast of your dreams.

1. Coat a 9-by-13-inch baking dish with cooking spray.

Ingredients

- 6 eggs
- 3/4 cup milk
- 3/4 cup half-and-half
- 1/2 tsp salt
- 1 tsp dry mustard
- Dash nutmeg

2. In bowl, whisk eggs, milk, half-and-half, salt, mustard, nutmeg and white pepper.

3. In prepared baking dish, layer half each of the bread, sausage, cheese and scallions, then repeat using the remaining ingredients to create a second layer of each. Pour the egg mixture evenly over the layers, gently pressing with a fork to make sure all of the ingredients are submerged.

4. Cover the baking dish with foil, crimping the edges tight. Refrigerate for at least an hour, or up to overnight.

5. When ready to cook, heat the oven to 350 F. Uncover and bake the strata for 1 hour, or until puffy and a knife inserted at the centre comes out clean. **THE ASSOCIATED PRESS/ ELIZABETH KARLEM, GRILLING AND SOUTHERN FOOD EXPERT**

- 1/8 tsp white pepper
- 3 slices sandwich bread, cubed
- 1 lb sage breakfast sausage, cooked, drained and crumbled
- 1 cup grated cheddar cheese
- 1/4 cup chopped scallions

Lunch. Crunchy Tuna & Radish Salad Sandwich



One of the easiest ways to improve your overall health is to increase the amount of fruits and vegetables consumed on a daily basis. Full of vitamins and nutrients essential in keeping your body healthy, achieving this goal may be easier than you think. Give your body a boost of naturally occurring vitamins and minerals, the same ones found in fruits and vegetables, by having a hearty sandwich as a part of a lunchtime meal.

1. Mix tuna, radish, celery, yogurt, lemon juice, mustard and mayo. Season with pepper.

2. Divide lettuce between toasted bread slices and top with tuna mixture. Serve as

an open-faced sandwich.

NEWS CANADA/ NATURALLYDEMPSTERS.CA

Ingredients

2 portions

- 1 (170 g) can of low sodium tuna, drained
- 1/2 cup (125 ml) diced radish
- 1 stalk celery, diced
- 1/4 cup (60 ml) plain yogurt
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) Dijon mustard
- 1 tbsp (15 ml) light mayo
- Pepper to taste
- Shredded lettuce
- 2 slices Dempster's WholeGrains Flax Bread, toasted

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Map showing location at Market Ave. & WTL.



The Winnipeg Jets may want to lean a bit more on Blake Wheeler, centre, to get the most out of him. MARIANNE HELM/GETTY IMAGES

Jets crashing and burning on PK



THE HOCKEY NEWS
Rory Boylen
winnipeg@metronews.ca

We're a quarter of the way through this shortened NHL season and after a promising start, the Winnipeg Jets are missing an opportunity to step up in a weak division. There's a real opportunity for this team to pounce, but before that happens they need to find improvements and make adjustments in a couple areas. Here are two of the most pressing.

PENALTY KILL

Winnipeg's penalty kill ran at a 75 per cent efficiency rate in Tuesday's loss to the Flyers, but when that's considered a success, you know you're having problems.

In 2011 and 2012 the Thrashers/Jets were in the bottom-third of the league while down a man and the arrival of assistant coach Perry Pearn — who's in charge of special teams — hasn't changed this tone. Clearly, it's a player problem.

Alexander Burmistrov, Bryan Little and Nik Antropov have all seen their fair share of

PK time this season, but don't block enough shots. This kind of sacrifice has become a crucial tactic in clogging the defensive zone and stymying the man advantage across the NHL and Winnipeg is not adapting. The three have combined for 10 blocked shots this season, while Ryan Callahan of the Rangers has 12 alone.

These three played a fair amount on the PK last season as well when Winnipeg finished with the 24th-ranked penalty kill. Time for some new faces in this role.

WHERE IS WHEELER?

Despite his nice stat line

of 11 points in 12 games, last year's best Jet has been lacking so far this season.

Winnipeg must lean a bit more on Wheeler to get the most out of him and perhaps even consider him for the previously discussed PK. Last season, Wheeler averaged 19:04 of ice per game and had, by far, his best pro season. So far this year, Wheeler has played more than 19 minutes only once and is averaging 17:30 a game — 29 seconds more than the awful Nik Antropov. Wheeler's plus-minus isn't great, but how does this make sense?

NHL

Jets call up goalie Eddie Pasquale

Eddie Pasquale is getting a shot with the Winnipeg Jets.

The Jets called up the goaltender from the St. John's IceCaps of the American Hockey League after an injury to backup Al Montoya.

Montoya started Tuesday night's 3-2 home loss to the Philadelphia Flyers but didn't finish due to lower-body injury. Ondrej Pavelec, who was sidelined with the flu Saturday in Ottawa, replaced Montoya in the third and allowed one goal.

Afterward, coach Claude Noel said he didn't know how serious Montoya's injury might be.

The Jets don't provide much information on injuries but having to call up Pasquale is an indication Montoya will be out for a little while at least.

This is Pasquale's first visit with the Jets but the 22-year-old has played in 36 games for the IceCaps this season. He has a 14-19-2 record, 2.63 goals-against average and .912 save percentage.

THE CANADIAN PRESS

Prospects

Scheifele has six-point night in Colts' blowout

Winnipeg Jets prospect Mark Scheifele had three goals and three assists as the Barrie Colts pounded the Ottawa 67's 10-1 on Wednesday in Ontario Hockey League action.

Scheifele, who Winnipeg sent back to junior on Feb. 6, had his hat trick before the game was barely halfway done and completed his six-point night with a third-period assist.

THE CANADIAN PRESS

Olympics. Wrestling leader to argue for sport with IOC president Rogge

Facing a wave of criticism from around the world, IOC president Jacques Rogge will meet with the head of wrestling's governing body to discuss ways the sport can fight to save its place in the Olympics.

The IOC executive board dropped wrestling from the program of the 2020 Games on Tuesday, a decision that brought a sharp backlash from wrestling organizations and national Olympic bodies around the world — including Canada, the United States, Russia and Iran.

The move must still be rati-

Storied history

1896

Wrestling dates back to the ancient Olympics and has been featured since the inaugural modern games in 1896.

fied by the full International Olympic Committee in September, giving wrestling time to try to overturn the decision.

Wrestling remains on the program for the 2016 Olympics in Rio de Janeiro.

THE ASSOCIATED PRESS

Family of fans

Brother-in-law ordered to cough up season tickets

How scarce are Winnipeg Jets tickets?

Scarce enough that a family went to court when a deal to split season tickets crumbled.

Queen's Bench Justice Morris Kaufman ruled Wednesday in favour of Darlene Gibb, the woman who said her brother-in-law reneged on their plan and refused to turn over the tickets as promised.

Kaufman said some of John Longstaff's statements didn't make sense.

THE CANADIAN PRESS

Curling. Ontario skip to enjoy home ice at Scotties

Ontario skip Rachel Homan showed in her first appearance at the Scotties Tournament of Hearts that she could hang with the top rinks from around the country.

She's set to make a return appearance at the Canadian women's curling championship, which kicks off Saturday in Kingston, Ont., and hopes to make more than just a playoff appearance this time around.

"We've been there before and we made it all the way to the semis our first time," Homan said of her 2011 showing. "I think this time our team has grown a bit, has got more experience and we expect to



Rachel Homan
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be right there hopefully battling in the final if we can."

At 23, the Ottawa skip will have a supportive Ontario crowd on her side when play begins in Kingston. There are several experienced skips in the 12-rink competition, including defending champ Heather Nedohin of Alberta, Winnipeg's Jennifer Jones, B.C.'s Kelly Scott and Nova Scotia's Mary-Anne Arsenault.

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Horoscopes

Aries

March 21 - April 20

It doesn't matter what you do today so long as you do something. If you sit still for more than a minute this morning, you may not get up again until the evening — and only to go back to bed.

Taurus

April 21 - May 21

There is no point trying to judge people by your own standards. They will never match up. The best you can hope for, today and any other day, is that they learn from your good example. So go on, be one.

Gemini

May 22 - June 21

The more others try to get you to change, the more you should stick with what you know and trust. No doubt they will come up with all sorts of reasons why you should take a risk, but don't do it.

Cancer

June 22 - July 23

What sounds like bad news is nothing of the sort. Chances are you are looking at it from completely the wrong angle. Facts are facts, of course, but even facts can sometimes be open to interpretation.

Leo

July 24 - Aug. 23

You are not the sort to give up just because you failed at something once. Yes, you may be annoyed that you did not do a project justice, but there is still plenty of time to do it again and do it right.

Virgo

Aug. 24 - Sept. 23

There is something you have to do today and even though it may be a total bore you know that until you see it through to completion partners and colleagues won't give you a moment's peace. Get started on it now.

Libra

Sept. 24 - Oct. 23

You may hear a few whispers or rumours today, most likely about someone you like. You are advised to ignore them. Most likely, it is just nasty he said, she said. Even if it is true, it's still nothing to do with you.

Scorpio

Oct. 24 - Nov. 22

Don't cut any corners today because someone important is watching and they will make a big deal of it. It may be that you have to do a lot of work for very little profit, but sometimes that's just how it is.

Sagittarius

Nov. 23 - Dec. 21

You don't have to put up with people who waste your precious time on trivial things. Tell them where to go today, and say it in a way that makes it clear you mean it.

Capricorn

Dec. 22 - Jan. 20

You may be eager to make changes but you won't be able to push partners faster than they want to go today. Which begs the question: Have you signed up with the wrong partners? Give it some thought.

Aquarius

Jan. 21 - Feb. 19

No matter how hard you try to persuade a friend or work colleague to see things your way, it just isn't going to happen, so give up. It's true, you know, some people are almost as stubborn as you!

Pisces

Feb. 20 - March 20

Other people may be selfish and put their own interests first but not you. With Mars, Mercury and Neptune all moving through your sign, you know it pays to be generous. The more you give now, the more you'll get later.

SALLY BROMPTON

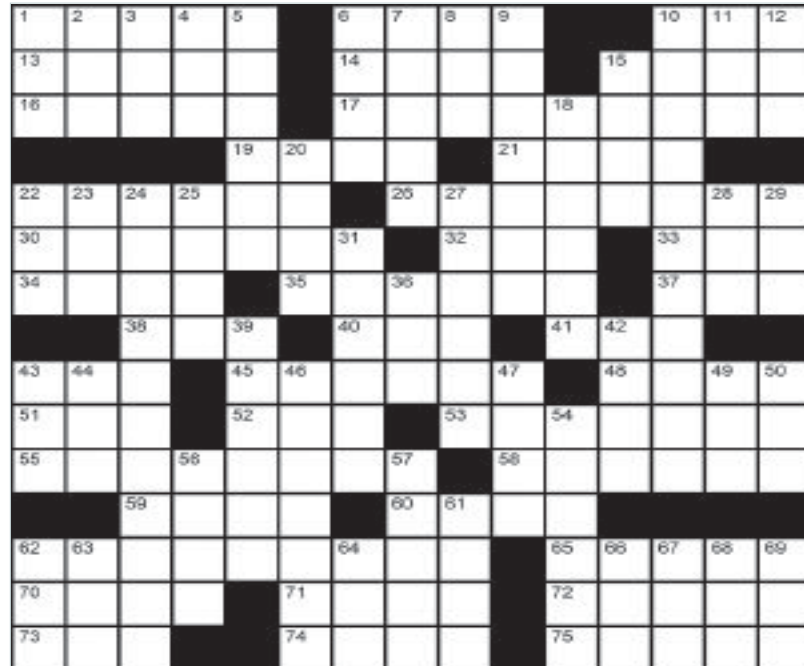
Crossword: Canada Across and Down

Across

- Valentine's Day icon
- "Rich Bride ___ Bride" on Slice
- Sisqo's group, ___ Hill
- Popeye's beloved
- Sparkling wine city of Italy
- Italian car manufacturer
- Actress Kathy
- Valentine's gift
- Speck
- Khloe Kardashian's husband, Lamar ___
- James Blunt album: 'Back to ___'
- Rocky sun-orbiter
- Versus
- Extra sports periods, for short
- Perfume by Cacharel
- Explosive star
- Eucalyptus eaters
- Horse coat hue
- Bug
- Deli bread
- Nav. rank
- Misfire
- "That's being taken care of by me, boss!": 3 wds.
- Isn't, wrong-style
- Cute bark
- 'Alma' add-on (Facts reference book)
- Taylor of 'Twilight' flicks
- ___ Gold Rush
- Canadian auto service company
- Shaker stuff
- Gardening tool
- Emily Bronte's ___ Heights
- Himalayas land
- Chemical suffixes
- 'Susp' add-on
- Curtain
- Val- ___, Quebec
- Investigators, for short
- "When Harry Met ___" (1989)

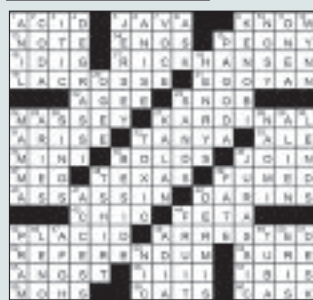
Down

- Corn on the ___
- Suffix with 'Form'
- Peach part
- 'Excess' suffix
- Canadian singer Shawn



- Agreement
- "Romeo and Juliet" (1968) actor Milo
- Prefix that means 'Ear'
- Cheese in lasagna
- Blue Rodeo hit that goes "...our love shines like a...": 2 wds.
- Alleyway animal
- Sport-___ (Versatile vehicle)
- Flower: Spanish
- Ukraine port city
- City of Russia
- Ray-___ (Sunglasses maker)
- Kind of boost
- Grammy-winning record producer born in Victoria: 2 wds.
- 1997 Jim Carrey comedy, when doubled
- Cirque du ___
- Indebted one's letters
- Mr. Aykroyd
- "For Those About ___" (We Salute You)" by AC/DC
- Novelist Ms. Rand
- Amazon e-book reader
- Court
- Fargo, North ___
- www address
- ___ ___' (Restaurant occupation)
- Chore
- "Waking ___ Devine" (1998)
- Otis Redding song: "___ a Little Tenderness"
- Overturns
- Nopes
- Surrealist artist Max
- 'Band' suffix (Medical supplies)
- Tie the knot
- Número ___
- 'Benedict' suffix
- Baseball pitcher's stat.
- Chum
- Fergie's bandmate, ___de.arp
- Grassy field

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: -13°
MIN: -15°

FRIDAY



MAX: -14°
MIN: -19°

SATURDAY



MAX: -11°
MIN: -13°



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